

# HALIFAX metro

NEWS  
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SHARING.



## 'An officer gave his life away to protect'

More than 850 Mounties mourn  
Const. David Wynn **COVERAGE, PAGE 9**



## STORMIN' INTO TOWN

Dick Johnson removes snow from a neighbouring driveway on Monday in State College, Pa. Heavy snow fell overnight, closing all Centre County schools. The storm, which is expected to bring blizzard-like conditions to Nova Scotia on Tuesday, has forced school closures throughout Halifax — a decision which was made Monday night. See coverage, pages 5 & 10. NABIL K. MARK/CENTRE DAILY TIMES/THE ASSOCIATED PRESS

## 'Big shock' over student's death

**Rylee Sears.** Boy, 17, dies after getting meningococcal meningitis



**STEPHANIE TAYLOR**

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Pictures on social media show Rylee Sears as a smiling 17-year-old light-haired boy, laughing with friends in the stands of a football game.

Another depicts the Grade 10 student donning a black dress shirt and yellow tie, standing in a school gymnasium with his arms wrapped around the shoulders of his classmates.

On Monday, Rylee Sears' life was honoured by a Canadian flag flying at half-mast outside the entrance of Sackville High School after he died from meningococcal meningitis that morning.

Alyssa Morris, 16, is in Grade 11 and never knew Sears personally but says the entire student body is reeling from the news of his sudden death.

**#RS17**

By Monday afternoon, Rylee Sears' classmates and friends started the Facebook group R.I.P Rylee Sears and began using the Twitter hashtag #RS17 to honour the 17-year-old.

"Everyone else was just getting a little flu," Morris said Monday, standing in the parking lot of the nearby Sackville Sports Stadium, heading into the school to write her winter exams.

"I heard he was put in the hospital and put into a medical-induced coma, so I was like, 'OK, hopefully he will get better because it's just to help his brain rest.'"

"I heard today that he passed away, and it was just a big shock," she explained.

Parents and the school community were notified of the Grade 10 student's death through a note posted on the school's website by principal John Miller on Monday morning. "Our staff and students are deeply saddened by his death and we wish to express our deepest sympathy and condolences to the family," reads the note.

Miller said the school psychologist along with counsellors and "other qualified board staff" would be available to students if they need support.

He also advised parents to contact the school if the tragedy means their child is unable to write a scheduled exam.

Miller states only that the student died of a "serious illness," but media reports last week cited Capital Health officials who said lab results confirmed the student had meningococcal meningitis.

More coverage, page 4



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Rio4 SX with Navigation shown<sup>1</sup>  
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Forte SX AT shown<sup>1</sup>  
HWY / CITY 100KM<sup>1</sup> : 5.3L/8.0L

2015 **FORTE** LX MT

from **\$24** weekly for 62 payments

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**\$0** down payment<sup>3</sup>

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Rondo EX Luxury shown<sup>1</sup>  
HWY / CITY 100KM<sup>1</sup> : 6.3L/9.2L

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**\$0** down payment<sup>3</sup>

Includes "Half Price Payments" credit. \$31 weekly payment amount includes \$1,500 Half Price Payments Credit. Payments are based on 2015 Rondo LX MT (RN756F) 84-month financing. After 46 weekly payments at \$31, the weekly payments will increase to \$63<sup>4</sup>. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.<sup>5</sup>



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# NEWS

# Meningitis death: Officials say wider risks contained

## Capital Health.

Death of high schooler played down as over 130 people screened



RUTH DAVENPORT  
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The medical officer of health for Capital Health says she's confident everyone who may have been exposed to the disease that killed a Sackville High School student has been contacted, assessed and — if appropriate — treated.

"We now feel that ... the people who are likely to have been exposed, we've either contacted them or they're contacting us," said Dr. Robin Taylor on Monday.

Taylor said public-health officials have spoken to more than 130 people identified through "contact tracing." They had been deemed as potentially at risk for exposure to the bacterial meningitis that claimed the life of a Grade 10 boy on Monday.

She said antibiotics have been recommended for anyone who was in direct contact with the infected person during a specific time frame.

The disease is transmitted through contact with the saliva or mucus of an infected person by kissing, sharing water bottles, drinks or cigarettes.

## Quoted

**"From this particular case, the risk to the wider community is no more than it would have been three weeks ago or ... the next couple of months."**

Dr. Robin Taylor, medical officer of health for Capital Health

"So there are very specific questions we're asking people to see if they were exposed and if they do need antibiotics," said Taylor.

Taylor said anyone receiving antibiotics has also been briefed on the signs and symptoms of meningococcal meningitis, which include high fever, extreme lethargy and a stiff neck.

"Even though antibiotics are very good at breaking the chain, we've also messaged to these people the signs and symptoms that they need to look out for," she said.

Taylor couldn't discuss specifics regarding the victim, who was identified on social media as Rylee Sears, but she said it's not known how he would have contracted the disease.

She said it is possible for some people — from one to 10 per cent of the general population — to carry the bug that causes meningococcal meningitis without ever becoming ill.

"Then, for some reason that we don't know, somebody becomes exposed to it and becomes very ill very quickly," said Taylor.

Although there's no way of knowing who might have passed the bacteria to the boy, Taylor said it's hoped it would be someone in close proximity who has now been treated with antibiotics.

She said this type of meningitis is extremely rare, from zero to three cases every year in



The student who died on Monday went to Sackville High School. JEFF HARPER/METRO

Nova Scotia.

Although concerned parents should keep an eye on their kids, Taylor said at this point it appears the contact-tracing method has been effective at finding everyone who may have been exposed.

"With each new phone call we get, we aren't finding more people who need to be given antibiotics," she said. "Although people continue to phone be-

cause they're concerned, we're not seeing people who actually were exposed."

## Help line

If you're concerned about possible exposure to meningococcal meningitis, call Capital Health at 902-481-5800.



Friends and family have been posting tributes and photos to the Facebook page R.I.P. Rylee Sears. FACEBOOK

# Teen cyclist's death shakes Cape Breton

Friends and family of 17-year-old Devon William Gilbert are mourning the young man in two communities on opposite sides of Cape Breton.

Gilbert, a resident of Mill Creek, was critically injured Saturday evening after being struck by a car as he rode what police called a "motorized pedal bicycle."

Gilbert's bike collided with

a 2013 black Hyundai Sonata driven by a 24-year-old man from the Mill Creek area.

Gilbert died in hospital in Halifax on Sunday morning.

Cape Breton Regional Police say the car and bicycle were travelling on the Point Aconi Road in opposite directions when a head-on collision occurred.

Police continue to investi-

## Quoted

**"The best thing is you were always happy and had lots of life still left in ya man."**

Dylan Chetwynd, writing on Gilbert's Facebook page

gate the cause of the crash. No charges have been laid yet.

Like many teenage boys, Gilbert is said to have enjoyed

driving trucks and playing the guitar. He was also an avid motocross racer, spending time competing in Loch Lo-

mond.

The Grade 12 student was enrolled in the heavy-duty mechanic program at Memorial Composite High School in Sydney Mines.

The school's principal, Brendan Dugas, said a crisis team of two guidance counsellors was made available for any student having a difficult time processing the tragedy.

In Port Hawkesbury, where Gilbert grew up, the staff of the Strait Area Education and Recreation Centre had grief counsellors at the school as well.

SAERC principal Shaun MacDonald said students had also started exams Monday.

"Relatives and those very close to Devon were excused from exams," he said.

CAPE BRETON POST



# Halifax braces for first big blizzard

**Weather.** Heavy snow, high winds expected throughout Tuesday



**HALEY RYAN**  
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While most Haligonians will wake up in the middle of a blizzard Tuesday, Environment Canada is predicting the worst of the storm will be over by mid-afternoon.

Meteorologist Tracey Talbot said the alert for the Halifax region and most of the province was upgraded Monday from winter storm to a blizzard warning, which happens when widespread reduced visibility of 400 metres or less are expected for at least four hours.

"(Tuesday is) going to be one of our first big snowstorms of this year so far, so driving conditions are not going to be nice first thing in the morning," Talbot said.

Talbot said the blizzard, featuring heavy snow and high winds gusting to 110 kilometres per hour along the coast and 60 to 90 kilometres per hour inland, was expected to begin around 5 a.m. Tuesday.

About 20 to 30 centimetres of snow was expected for Halifax overall, which would mix with ice pellets in the late afternoon and turn into rain showers by Tuesday evening, Talbot said.

She said the blizzard appears to be a one-day event, with the worst of the conditions lasting about eight hours.

A low off the coast of Carolina was expected to track up the American coastline and stall off Cape Cod, Talbot said, while its precipitation would keep moving and bring lots of rain and snow through Nova Scotia.

The city urged residents to stay off the roads as much as possible Tuesday while winter crews dispatched resources "as required" to

## Quoted

**"The worst conditions ... probably will be later in the morning and into early afternoon."**

Tracey Talbot, meteorologist with Environment Canada

clear streets and sidewalks into the night. It warned the evening commute would likely be treacherous.

Municipal offices and recreation programs could be closed Tuesday if conditions are bad enough. The city recommended calling ahead or checking @hfxgov on Twitter and halifax.ca/snow for the latest information.

Halifax Transit users can check halifax.ca/transit or @hfxtransit via Twitter for updates on the snow impacting specific bus routes.

Curbside collection of garbage and recyclables was cancelled Tuesday, so HRM residents who usually put out their garbage today can do so this Saturday.



A cyclist braves the road conditions on Barrington Street during a winter storm last year. JEFF HARPER/METRO

## Fly. Dublin added to Halifax-Paris route

Haligonians bound for the bright lights and croissants of Paris get a wee stop in the Emerald Isle this summer.

On Monday, Europe Airpost announced it is coming back to operate a route from Halifax to Paris during the 2015 summer season with a new stop in Dublin, Ireland.

The new schedule operates as follows: the Thursday flight leaves Paris at 1 p.m., arrives in Dublin at 1:35 p.m., departs from Dublin at 2:25 p.m. and arrives in Halifax at 4:45 p.m. The Friday flight leaves Halifax at 10:15 a.m., arrives in Dublin at 8:05 p.m., departs from Dublin at 8:55 p.m. and arrives in Paris at 11:30 p.m.

The flights will be carried out on a Boeing 737-700 in a two-class layout with 130 seats. **METRO**

## Bridge. Storm postpones neighbourhood meeting

Staff from the Halifax Harbour Bridges are letting residents know that the neighbourhood meetings scheduled for this week to discuss the upcoming MacDonald bridge renovations have been postponed due to the impending snowstorm on Tuesday.

The new dates and times are as follows: Tuesday, Feb. 3 at the Nantucket Room in the Dartmouth Sportsplex from 6:30 p.m. to 8 p.m. and

Wednesday, Feb. 4 at the Italian Canadian Cultural Association in Halifax from 6:30 p.m. to 8 p.m.

The renovations will cost an estimated \$150 million and will replace the bridge's road deck, floor beams, trusses and suspension ropes.

The 18-month project is set to commence in March and will shut down the bridge each evening from 7 p.m. to 5:30 a.m. **METRO**



The Macdonald Bridge. METRO FILE

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# Public attending Energy East pipeline meetings a possibility

**National Energy Board.** Request of protesters currently being considered

A group opposed to the development of the Energy East Pipeline is calling on the National Energy Board to open up meetings about the project to the public, an idea the federal regulator says it is considering.

About a dozen people staged a rally Monday in Halifax as the board met with groups during closed-door meetings to discuss the project. Members of Stop Energy East Halifax held signs and a makeshift pipeline with the words "tar sands = climate bomb" in front of the Halifax Central Library.

Over the next week, National Energy Board officials

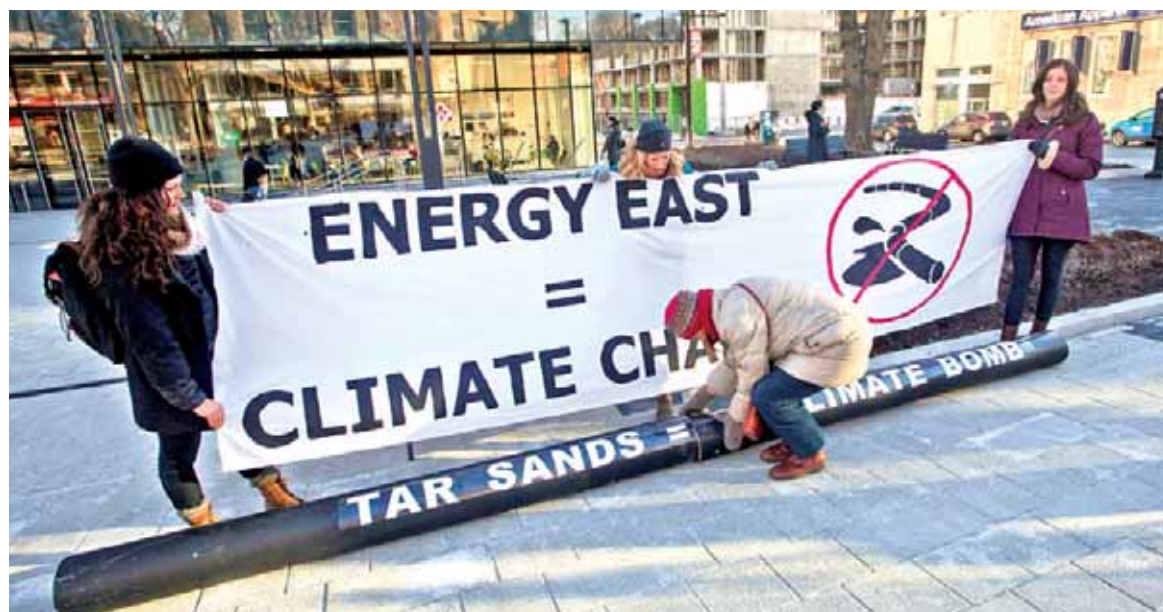
will meet with groups in the four Atlantic provinces to discuss how it can improve its pipeline safety and environmental protection programs, part of a cross-country tour.

Board chairman Peter Watson was in Halifax on Monday to meet with groups including the Maritimes Energy Association, petroleum-engineering students at Dalhousie University, Antigonish's deputy fire chief and the Ecology Action Centre.

But Stop Energy East Halifax said the invite-only meetings should be open to the public. Spokeswoman Evelien VanderKloet said other people affected by the project, including First Nations groups and property owners along its route, should be included.

But the National Energy Board said it hasn't ruled out holding public meetings in the future. Spokesman Tom Neufeld said organizing public meetings across the country is costly and time-consuming, and the board wasn't sure at the outset if there was enough public interest.

"Quite frankly, we just didn't know if people would come," said Neufeld. "We thought the best way to contact Canadians that really are impacted directly by our



Protesters gather on Spring Garden Road on Monday to express their displeasure with a National Energy Board closed-door meeting about the Energy East Pipeline. JEFF HARPER/METRO

## Voice of protesters

**"We see this pipeline as a bigger public issue because of the extreme impacts that's it's going to have on climate change."**

Evelien VanderKloet of Stop Energy East Halifax

work was to call them directly and ask for meetings.

"But if there's interest ... we just might have them."

Many groups have asked to be invited to the meetings but Stop Energy East Halifax has not, he said.

"Quite honestly, if they contacted us, we would try and fit them in the schedule."

THE CANADIAN PRESS

## Process

### Energy board wants feedback on pipeline

National Energy Board spokesman Tom Neufeld

said First Nations groups and property owners along the pipeline's route will either be met with directly or will be represented by political leaders such as mayors.

"We're willing to meet with Canadians in their

kitchens," he said, adding they have such a meeting in New Brunswick later this week.

Neufeld also encouraged the public to provide feedback about the pipeline on the board's website.

## A golden surprise off Highway 217

Robert Fadell and Margaret Reid thought someone had thrown some colourful garbage on their lawn near the start of Highway 217 in Digby.

"And then it moved," said Reid. "And then we looked it up on the computer. This isn't something you see every day on your front lawn."

What they saw at about 9 a.m. Monday was a bird originally from China, a Golden Pheasant, with a bright yellow head, bright red body and orange cape with a few long tail feathers.

Drivers pulled their cars over to stop and look at the beautiful bird.

Turns out it escaped from



Rudy, the golden pheasant.  
CONTRIBUTED

the Van Tassel Family Corral Farm about two kilometres down the road. Darren Porter, who helps out on the farm belonging to his wife Dianne Van Tassel and her father Terry, said a neighbour pulled

in the driveway to tell them about the pheasant.

"He said, 'Are you missing a bird?' and I said I didn't think so," said Porter. "Rudy was there last night, so I don't know when he escaped."

Porter says he calls the pheasant Rudy because it reminds him of the main character in the movie of the same name.

"He doesn't look like much compared to the peacocks but there is something great about him," said Porter.

Golden Pheasants are native to western China, but escaped birds have established feral colonies in parts of England. DIGBY COURIER

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Thomas Ted Barrett is scheduled to stand trial next January in connection with the 2006 killing of Brett Elizabeth McKinnon. THE CANADIAN PRESS FILE

# Police seize nearly 4,000 cigarettes and 1.2 kilograms of marijuana

Police in Nova Scotia have made a significant bust involving drugs and contraband tobacco.

A truck with Ontario licence plates was stopped for speeding on Highway 104 near Salt Springs on Saturday afternoon. According to police, when officers searched the truck they found 3,890 contraband ciga-

rettes and 1.2 kilograms of marijuana.

The driver, a 54-year-old man from New Hamburg, Ont., was arrested and charged with possession of contraband tobacco and possession of a controlled substance.

He is scheduled to appear in Pictou provincial court on April 20. METRO



Nova Scotia police say they found 3,890 contraband cigarettes when they searched a truck after it was stopped for speeding. METRO FILE

# Trial date set for accused in 2006 killing

**Thomas Ted Barrett.** 39-year-old was also sentenced to 18 months on unrelated charges including assault

A 39-year-old Glace Bay man received a trial date Monday on a charge of second-degree murder along with two sentences to provincial jail terms on unrelated offences.

Thomas Ted Barrett is to stand trial next January in connection with the 2006 killing of 21-year-old Brett Elizabeth McKinnon of Glace Bay. McKinnon's skeletal remains were found in 2008.

During an appearance Monday before Supreme Court Justice Patrick Murray in Sydney, a three-week trial was scheduled to begin Jan. 18, 2016.

Defence lawyer Brian Bailey requested that if earlier dates become available, that he and the Crown be contacted in hopes of acquiring those dates.

A pre-trial is scheduled for March 3, during which issues that may arise during the course of the trial are to be discussed.

Such hearings can also include various arguments that can be raised by either the Crown or defence, such as challenges under the Charter of Rights and Freedoms.

Bailey indicated Monday that one such argument that

## Another case

Thomas Ted Barrett is also facing another count of second-degree murder in relation to the May 2012 death of 21-year-old Laura Catherine Jessome of Bras d'Or, whose body was found inside a hockey bag along the shores of the Mira River in Marion Bridge.

- He and co-accused Morgan James MacNeil, 23, are scheduled to have a preliminary hearing on the charge in June.

may be filed by the defence would deal with a possible change of venue for the trial. A defence argument could suggest Barrett would be unable to get a fair jury trial in the local area given the amount of media coverage his case has attracted.

Meanwhile, Barrett was also sentenced Monday after previously pleading guilty to charges of assault, uttering a threat, unlawful confinement and breaching a court order.

Supreme Court Justice Glen MacDougall sentenced Barrett to complete an 18-month sentence minus 336 days he credited him for remand time. Two other charges of attempted murder and obstruction of justice were dismissed.

CAPE BRETON POST

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## Snowflakes in the forecast as major winter storm heads toward Halifax

A pedestrian walks past a set of snowflake holiday ornaments on Tower Road on Monday. The region was bracing for a major winter storm, which is set to hit Halifax on Tuesday.

JEFF HARPER/METRO

## Cape Breton. Police look for cause behind fire

Investigators are still working to determine the cause of a fire that destroyed a one-storey house in the Sydney area last week.

"It's being treated as suspicious, but the exact cause of that is still undetermined. It's something they are still

looking into as part of the investigation," said Desiree Vassallo, spokeswoman with the Cape Breton Regional Police Service.



The burned home. CAPE BRETON POST

Police Service.

The fire broke out at about 3 a.m. on Jan. 19 at a home on Lingan Road. The body of 50-year-old Donna Mae Hannaford was located in the house. Vassallo said the cause of death is also still undetermined.

It's believed Hannaford rented the home with a man. Police confirmed the man has been located but have released few other details.

Hannaford worked doing housekeeping in the area. Some people commented that a vehicle driven by a man living in the house was usually parked in the driveway but the car wasn't there the morning of the fire.

Anyone with any information on the case is asked to contact police at 902-563-5151 or Crime Stoppers at 902-562-8477. CAPE BRETON POST

# Richard Hurlburt says he's moving on

**Politics.** Former MLA says his focus is on his family and his community

It's been five years since Richard Hurlburt resigned as MLA for Yarmouth amid an expense scandal that broke in February 2010.

And while Hurlburt doesn't rule out ever getting back into politics, he says his main focus these days is looking for ways to help his community, which is what

attracted him to politics in the first place.

"I want to support and work with my community and for my community.... I have my grandchildren and my wife and my boys; I want them to be secure. I don't want to see people leaving anymore," he says. "Let's do something for our economy. Let's maintain and expand what we have."

At age 64, Hurlburt spends a lot of his time volunteering, which, in part, he can afford to do since he draws an MLA pension — a fact he doesn't hide. He also doesn't

hide the fact he's had turmoil in his life. But he says he's moving on.

That turmoil began in February 2010 after the province's auditor general at the time, Jacques Lapointe, filed a report noting that several Nova Scotian politicians had filed excessive or inappropriate claims.

Hurlburt was one of those politicians.

Less than a week after the auditor general's report was filed, and after around 10 years of representing the people of Yarmouth, Hurlburt tendered his resignation.



Richard Hurlburt  
THE CANADIAN PRESS FILE

tion.

A particular lightning rod had been an \$8,000 generator Hurlburt had installed in his home. People scoffed at his explanation that he

had bought it for other groups to use. It became the butt of jokes and the target of anger.

He did reimburse the province for this and all other expenses.

"Do you regret the generator?" he's asked, while seated in the boardroom of the Yarmouth Vanguard for an interview.

"I regret a lot of things," he says. "But I don't regret doing things for my community and the people of my community. I'll go to my grave with that."

YARMOUTH VANGUARD

### Crime

#### Arrests made in connection with weekend stabbing

Nova Scotia RCMP say they have arrested two more suspects in connection with the weekend stabbing of a 21-year-old man.

Police say a 21-year-old man and a 28-year-old man, both from Potlotek, turned themselves in to police earlier today.

The pair will remain in custody until a court date is set.

An 18-year-old man and a 17-year-old boy, arrested earlier, each face a charge of attempted murder.

Police say the victim was stabbed several times at his home in Louisdale.

THE CANADIAN PRESS

### Truro

#### Boy hospitalized after being hit by vehicle

An 11-year-old boy was taken to hospital Monday morning after being struck by a van in the Truro area.

Just before 9 a.m. on Monday, the boy and his mother were walking in a marked crosswalk at the intersection of Pleasant Street and Glenwood Drive when a newer-style, dark-grey Dodge minivan struck the boy.

The driver did not stop.

The boy and his mother were transported to hospital. Their injuries are unknown.

Police are still looking for the driver.

TRURO DAILY NEWS

## Vandalism. Police seek info after tires slashed

Police now say more than two dozen vehicles had their tires slashed in a Halifax neighbourhood over the weekend.

Police had said Sunday that at least 20 cars had their tires slashed overnight Saturday — with incidents taking place on Willow, Dublin and Duncan streets as well as Chebucto Road.

Police were still taking in reports from the public and updated the total to 26 on Monday for the number of vehicles with slashed tires. Anyone with information about the incidents is asked to contact police or Crime Stoppers. METRO

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# 'He would want us to throw ourselves into the things that bring us joy'

## Mountie shootings.

More than 1,300 Mounties and local law enforcement gather to pay their respects to Const. David Wynn

The sister of an Alberta Mountie told mourners at his funeral Monday that he would want them to live life the way he did — with joy, passion and with every effort to make the world a better place.

"He would want us to throw ourselves into the things that bring us joy and to do it for him. He would want us to follow our hearts.... He certainly did that," Mona Wynn said in her eulogy before thousands at a recreation centre in St. Albert, Alta.

"David would want us to forgive. He was a peaceful man. He didn't have the time to even notice a grudge, much

less hold one."

Const. David Wynn, 42, died last Wednesday, four days after he and auxiliary Const. Derek Bond were shot during a struggle with a suspected car thief at a casino in St. Albert. He was shot in the head and never regained consciousness.

The shooter, career criminal Shawn Rehn, killed himself hours later.

Wynn's sister remembered her brother as a person who brought enthusiasm to everything he did, be it scuba diving, swimming, fly fishing, spending time with his family or serving his community.

"Over the past 10 days, there has been such an outpouring of stories about Dave and obvious love for him from the people that he has touched that I have realized he was far more than I ever imagined," she said.

"Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone



Shelly MacInnis-Wynn, the wife of slain RCMP Const. David Wynn, and a family member lay flowers on the officer's casket on Monday during his funeral in St. Albert, Alta. Hundreds of spectators, who were encouraged to wear red, lined the parade route and waved large Canadian flags in Wynn's honour. JASON FRANSON/THE CANADIAN PRESS

around him."

Hundreds of spectators, who were encouraged to wear red, lined the procession route under sunny skies and unseasonably warm temperatures. Many were holding Canadian flags, and one giant

flag was strung from the erect ladder of a fire truck.

Laredo Nault, 14, travelled from Legal, Alta., with a quilt emblazoned with the quote: "No greater love than to give one's life for another."

"It kind of popped up in

our minds — an officer gave his life away to protect our country, and I think that quote represents it," said Nault.

Wynn is survived by his wife, Shelly, and his three sons, Matt, Nathan and Alex.

THE CANADIAN PRESS

## Funeral service

## A man's life remembered

A riderless horse, a pair of brown boots turned backward in the stirrups, led a black hearse carrying Wynn's coffin to the funeral service.

The procession included 860 Mounties in their traditional red serge and 450 officers from the municipal police force in nearby Edmonton.

The Mounties came from across Canada and from as far away as Newfoundland and Nunavut. A handful made the trip from Bridgewater.

The flags at the Alberta legislature flew at half-mast from sunrise to sunset.

THE CANADIAN PRESS

## Feds appear warm to update of costly First Nations food program

It appears the Conservative government is open to the idea of changing the way it tries to offset the high cost of food in the North.

The department that oversees the beleaguered Nutrition North program has posted a notice of proposed procurement, asking for someone to come up with different ways of providing northerners with the federal food subsidy.

The notice, posted Monday, did not elaborate on the nature of any possible changes to Nutrition North.

Nutrition North — which replaced the old Food Mail pro-



The price of a jug of orange juice at a grocery store in Iqaluit in December 2014. THE CANADIAN PRESS

gram in 2011 — is intended to help defray the cost of nutritious food in the North.

But the \$60-million annual food subsidy — to which the government recently added another \$11.3 million for the

program's 2014-15 budget and a five per cent annual escalator in future years — has been under scrutiny ever since auditor general Michael Ferguson's fall report in November.

The audit revealed that Aboriginal Affairs is largely in the dark about whether Nutrition North actually does anything for those who need it most.

Aboriginal Affairs told Ferguson's team it has looked at expanding the full subsidy to around 50 fly-in northern communities, but doing so would increase the cost of the program by \$7 million a year.

THE CANADIAN PRESS

## Military

### Special forces stop two ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefights, with Canadian troops neutralizing their attackers. This adds fuel to an already burning political debate as Parliament reconvenes, a central topic being the parameters of Canada's Iraq mission. THE CANADIAN PRESS

## Transgender rights

### Inmates' identities get equal footing

Transgender inmates in Ontario will now be dealt with based on their own gender identity, not their physical sexual traits. The policy builds on interim guidelines put in place last April. Ontario Human Rights commissioner Barbara Hall says this helps protect the rights of trans people. THE CANADIAN PRESS

## Employment

### Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns: "This is the first time that we've heard from the federal government on this; they've been completely silent until now," said Claire Seaborn of the Canadian Intern Association. THE CANADIAN PRESS

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Associate Professor, Dept. of Community Health & Epidemiology  
Dalhousie University and CDHA

**Katherine Harman, PhD**  
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**(Ret) Sergeant Todd Berry, CD2**  
Canadian Armed Forces  
Chronic Pain Patient/Consumer

**Mary Lynch, MD FRCPC (moderator)**  
Professor of Anesthesia, Pain Management and Perioperative Medicine, Psychiatry and Pharmacology, Dalhousie University  
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## Terror. ISIL praises Zehaf-Bibeau's attacks in Ottawa

The spokesman for the Islamic State of Iraq and the Levant (ISIL) group has praised the gunman who killed a Canadian soldier at the National War Memorial in October and is calling on Muslims living in Western countries to carry out attacks.

The spokesman says any loyalist who has the opportunity to "shed a drop of blood" should do so.

Abu Mohammed al-Adnani, in a nine-minute audio recording released Monday, praised recent attacks in Australia, Belgium and France — where gunmen killed 12 people in an assault on the Paris office of Charlie Hebdo magazine.

He also praised the gunman who shot and killed an unarmed sentry at the War Memorial in Ottawa on Oct. 22 and then stormed Parliament

### Legislation

The federal government is expected to introduce legislation soon to crack down on suspected terrorists and those who openly encourage them.

Hill's Centre Block before being killed by security forces, saying: "You all saw what one Muslim did in Canada and its infidel parliament."

Michael Zehaf-Bibeau's killing of Cpl. Nathan Cirillo came just two days after another attack by a man with known jihadist sympathies who ran down Warrant Officer Patrice Vincent in Quebec.

The attacks ignited a debate on homegrown terrorism in Canada. **THE ASSOCIATED PRESS**

## Security. Drone flight over White House raises fears

A small drone flying low to the ground crashed onto the White House grounds before dawn Monday, triggering a major emergency response and raising fresh questions about security at the presidential mansion. A man later came forward to say he was responsible and didn't mean to fly it over the complex.

The man contacted the Secret Service after reports of the crash spread in the media, a U.S. official said. The man told the agency that he had been flying the drone recreationally. The man is a Washington resident and is co-operating with investigators.

Secret Service agents are now interviewing other people to corroborate the man's story and don't currently have any

reason to doubt the man's account, the official said.

Although President Barack Obama was not at home, the security breach prompted a lockdown of the entire complex until officials could examine the drone.

The drone crashed on the southeast side of the White House grounds just after 3 a.m., Secret Service spokesman Brian Leary said.

The device was described as a two-foot-long quadcopter — a commercially available unmanned aircraft that is lifted by four propellers. Many small quadcopters are essentially sophisticated toys that can also be useful for commercial operations like aerial photography and inspections.

**THE ASSOCIATED PRESS**

### Guerrilla warfare

## 43 Filipino police killed in battle

At least 43 Philippine police commandos were killed in a battle with Muslim guerrillas after launching an assault in which they may have killed one of Southeast Asia's most-wanted terrorists, officials said Monday.

The clash Sunday may have resulted from the commandos' failure to follow the terms of a ceasefire with the guerrillas by notifying them of their presence in the area, a rebel leader said.

**THE ASSOCIATED PRESS**

### Rev. Libby Lane

## Male-only leadership ends in Church of England

The male monopoly in the leadership of the Church of England ended Monday, as the 500-year-old institution consecrated its first female bishop.

The Rev. Libby Lane became the eighth Bishop of Stockport in a service at York Minster. Her consecration comes after the church ended a long and divisive dispute by voting last year to allow women to serve as bishops. **THE ASSOCIATED PRESS**



A man strolls on a walking path Monday at Liberty State Park, with the Statue of Liberty in the distance, in Jersey City, N.J. The Philadelphia-to-Boston corridor of more than 35 million people began shutting down as a monster storm moved through the northeast. **JULIO CORTEZ/THE ASSOCIATED PRESS**

# Storm could paralyze Northeast U.S. for days

**Weather.** Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

### Quoted

"This will most likely be one of the largest blizzards in the history of New York City."

New York Mayor Bill de Blasio

getting stranded and to enable plows and emergency vehicles to get through.

Boston was expected to get two to three feet of snow, New York one and a half to two and Philadelphia more than a foot.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast and up 80 km/h farther inland.

New York City's subways and buses planned to shut down completely by 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports.

Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined \$300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

"We learned the lesson the hard way," said New York Gov. Andrew Cuomo, referring to instances in which motorists got stranded in the snow for 24

hours or more.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. Outside on Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was busier than Christmastime.

In yet another possible sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and chocolate-chip cookies.

Utility companies across the region put additional crews on standby to deal with anticipated power outages from high winds.

The storm interrupted jury selection in the Boston Marathon bombing case and forced a postponement in opening statements in the murder trial of former NFL star Aaron Hernandez in Fall River, Mass.

The Super Bowl-bound New England Patriots got out of town just in time, leaving from Logan Airport around midday for Phoenix. **THE ASSOCIATED PRESS**

### Details

- **Entertainment:** Broadway theatres are shuttering as a snowstorm blasts Times Square. The Broadway League said all plays and musicals will be closed on Monday. No firm decision about Tuesday has been made.

- **Flights:** Airline travellers are going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.

- **Other transportation:** Want a ride home from car service Uber during the major snowstorm descending on the Northeast on Monday? Expect to pay more than the usual fare. In New York City, surge pricing will be capped at 2.8 times the normal fare. The company is also planning to donate proceeds to the American Red Cross.



# Creditors hint at Greece deal

**Bailout.** Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bailout program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about \$336 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavy-

weight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans.

The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS



## Industry fights sour attitude toward milk

A grocery-store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social-media campaign launching Tuesday trumpeting the benefits of milk. Milk's wholesome image is being muddled by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came last year when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures. THE ASSOCIATED PRESS FILE

### Faulty switch crashes

## Expert accepts 50 GM death claims

With five days left before the deadline to seek payments, a compensation expert hired by the automaker has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches. The compensation fund has received 338 death claims.

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
80.23¢ (-0.26¢)

**TSX**  
14,797.83 (+18.48)

**OIL**  
\$45.15 US (-44¢)

**GOLD**  
\$1,279.40 US (-\$13.20)

**Natural gas:** \$2.881 US (-10.5¢)  
**Dow Jones:** 17,678.70 (+6.10)



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## VOICES

## ACCEPTABLE ISN'T GOOD ENOUGH

Too often we strive for mediocre outcomes with our input into public projects when we should be aiming for amazing



**YOUR RIDE**  
ERICA BUTLER

I like to think Halifax is heading into a new era of higher expectations when it comes to public infrastructure.

We're realizing we can demand "amazing" over simply "acceptable" — with the new Halifax Central Library serving as a perfect example.

Take well-known city blogger Kate Watson. After Halifax Transit launched the final round of a naming contest for our newest ferry, Watson wondered aloud if the city should be asking for input on the ferry design as well as the name. She has a point.

The folks at Halifax Public Libraries not only raised the bar, they showed us how to do it.

Step one: talk to people, a lot. Find out what they want and why, then share the results. Next: hire pros to make those results a reality.

With \$4 million already spent and \$8 million more in public money going toward another two ferries, we owe it to ourselves to aim high and make those ferries amazing.

Halifax Transit had this opportunity with the Christopher Stannix, launched last summer. While improvements were made (water won't pool up in the new slatted seats, new electronics in the bridge make it easier to pilot), for the most part it seems like we aimed for ac-



Balloons fly at the unveiling of the Christopher Stannix Ferry last summer. In an informal online poll, Haligonians suggested everything from free Wi-Fi to weekend live performances for the new ferries. PATRICK MCKENNA/FOR METRO

ceptable.

Of course, the Christopher Stannix represents a huge improvement simply by existing. It ex-

panded our fleet and therefore our service. (Woodside commuters now have frequent service all week, though still none on week-

ends.)

But the next two ferries to hit the harbour will be replacements, meaning they won't have a signifi-

**DO YOU HAVE A TRANSIT IDEA?**  
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cant effect on frequency or hours of service. For these two ferries, it'll be harder to achieve "amazing." But we should at least try.

We don't even need to call a public meeting. About 3,000 people ride the ferry every day. That's a daily captive audience that would likely be happy to share insights about what works and what doesn't on board.

My own quick online poll yielded both wacky and down-right practical suggestions: free Wi-Fi, coffee, charging stations, stationery bikes to power charging stations, soundproofing, weekend live performances (remember Nocturne?), more room for bikes, strollers and wheelchairs and wider doors for unassisted wheelchair access.

Not all of these are possible, and some might not even be desirable. But with the right attitude, Halifax Transit will at least get all the ideas on the table, and come this summer we will celebrate the launch of an amazing new "must-ride" ferry to our fleet.

*Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter @HabitatRadio.*

## Dal whistleblower deserves gratitude, not condemnation



**STEPHEN KIMBER**  
[readers@metronews.ca](mailto:readers@metronews.ca)

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the

### In defense of Millet

**He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.**

top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two

female classmates they'd prefer to "hate F—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dal-

housie expel all the "Gentlemen," including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume tomorrow.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward

now to save his professional future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

*Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.*



Gossip

NED EHRBAR

METRO'S TAKE  
ON THE WORLD  
OF CELEBRITIES



Emma Watson ALL PHOTOS: GETTY IMAGES

## Another one for the books: Emma to star as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as

Belle in its upcoming live-action adaptation of *Beauty and the Beast*, directed by Dreamgirls director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book

smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

## Mark Ruffalo tweets his SAG Awards acceptance speech

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie *The Normal Heart*, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to *Now You See Me*. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids

that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.



Mark Ruffalo

## Go figure. Ariel Winter throws everyone a curve on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.



Ariel Winter



Kate Middleton

## Aussie mag totally blows its cover on Kate

Maybe it's the result of some barely concealed common-wealth resentment toward the Crown, but an Australian women's magazine — creatively named *Women's Day* — took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful

person Kate Middleton. I guess they decided she wasn't wearing enough makeup? Or she wasn't just plain terrifying enough? Because the results — yikes!

## Um, someone forgot to spell out D-I-V-O-R-C-E to Dempsey

Late last week, *Grey's Anatomy* star Patrick Dempsey's wife, Jillian Fink, filed for divorce, ending their 15-year marriage.

And while his decision to skip out on some autograph sessions at this weekend's IMSA racing event at the Daytona International Speedway suggests he's grappling with the news, photos from the race itself show Dempsey still sporting his wedding ring.

Maybe it's just force of habit?



Patrick Dempsey

2 SCENE



# Songz isn't shy about success, he just gets better and better

**Concerts.** We chat with the smooth-talking R&B singer days before he sets out for his *Between The Sheets* tour with Chris Brown

**EMILY LAURENCE**  
Metro News in New York City

Trey Songz's new single may be called *Slow Motion*, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the Billboard 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their *Between The Sheets* tour.

We talk to him about his



Trey Songz says his secret with the ladies is just "being genuine." CONTRIBUTED

latest successes, plus how he manages to be so damn smooth with the ladies.

**Why he says Trigga is his best album yet**

Songz isn't shy about his success. He says that, with each album, he just gets better and

better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

**His tip for always getting the girl**

Tracks like *Touchin, Lovin* or *All We Do* show that Songz doesn't struggle with leaving the club alone. But his secret isn't fame or bottle service, it's being genuine and honest. "It's not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

**His thoughts on breakups**

Not all Songz's hits are about one-night stands. What's *Best For You* is about moving on after a breakup, which is one of the more sensitive songs on Trigga. He doesn't dwell on being broken-hearted. "It's quite simple. A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

## Music

### In the 1970s, size really did matter



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

I remember the day I bought my first stereo system. With \$500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like *Stereo Review* and the annual *Radio Shack* catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the hunt for the best speakers. If you grew up in the '70s, you know exactly

what I'm talking about. We used our stereos as a way of proclaiming our identity to the world. Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Facebook, Twitter, Instagram, Pinterest, Snapchat, DVRs, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus TV channels. Plenty of us didn't even have a local FM rock station.

What we had was our stereos. We bought lots and lots of records. And many of us spent crazy sums on stereos, especially speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

## BlindDate with a star

Fine dining...  
...with your favourite stars

# January 27, 2015

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For a complete list of venues or for more info, visit [blinddatewithastar.ca](http://blinddatewithastar.ca)

## Patty Domestic Medium Hair

Gorgeous six-year-old Patty is one of the more laid-back and friendly feline residents at the shelter. She is a real doll and a staff favourite who loves to be brushed and who soaks up all the attention given her. Like many of us, Patty could stand to lose a few pounds but her new family will have fun helping her shed some weight through play. If you commit to this, you will have one of the loveliest companions you could ever have hoped for. . . **Please come meet this wonderful girl soon!**



For more information on **Patty** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# Skip that detox or cleanse

**Nutrition.** Try eating clean instead of 'flushing your system'

While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses. "Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm

soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says. **THE CANADIAN PRESS**



Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

## Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In pot, heat canola oil over medium heat. Cook onion 3 mins. until it starts to soften.
2. Add garlic, broccoli, cauliflower, carrots. Cook 5 mins. until broccoli bright green.
3. Add curry powder, broth and salt. Bring to boil. Cover and simmer 20 minutes until vegetables are tender.

4. Blend veg mix using handheld immersion blender. Stir in milk. Ladle into bowls and garnish with kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets; diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt chicken broth
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)



## Hearty Chicken Noodle Soup With Turmeric

Turmeric, an anti-inflammatory, can help boost your immune system.

1. In pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.
2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook 4 minutes. Add broth and bring to boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil
- 6 to 8 chicken thighs, cut into chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice); sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt chicken broth
- 500 ml (2 cups) egg noodles
- 1 can (540 ml/19 oz) lentils
- 50 ml (1/4 cup) lemon juice



**TOP SIX @ 6**  
Weeknights at 6 Kat counts down the HOTTEST songs of the day

**6** Taylor Swift Style  
**5** Ed Sheeran Thinking Out Loud  
**4** Marianas Trench Here's to the Zeroes  
**3** Selena Gomez The Heart Wants What it Wants  
**2** Pitbull ft Ne-Yo Time of Our Lives  
**1** Mark Ronson ft Bruno Mars Uptown Funk

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E



# Don't squash those comfort food dreams

**Dinner.** This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

## Directions

1. Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven on top shelf. Bake seeds until the squash is cooked (see step 3). Watch and turn periodically and remove if they brown too quickly.

2. Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

3. In a pot, cook onions over



This stuffed squash recipe makes four servings. THERESA ALBERT

medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes. Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.

## Ingredients

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

## Seeds

## It's what's inside that counts

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you

don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the whole vegetable and then some. That ¼ cup of muck that you throw out has:

- 4 grams of fibre
- Contains 3 grams of protein
- The potential as a great ingredient

ent in salads, soups or pesto sauces in place of nuts

- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a large spoon and lay on a sheet of foil.

Use the back of a fork to mix in

1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, gunk included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



# Punch up your peppers with goat cheese and mushrooms



This recipe serves six. THE ASSOCIATED PRESS

Here is a version of stuffed peppers with plenty more appeal.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking dish with cooking spray and set aside.

2. Slice 1/2 inch off the top of each pepper, then scoop out and discard any seeds and ribs. Set aside.

3. In a medium saucepan, combine the rice and chicken broth. Bring to a boil, then reduce to a simmer, cover and cook for 35 to

45 minutes, or until all the broth is absorbed.

4. While the rice cooks, in a large skillet over medium-high melt the butter. Add the mushrooms and season with just a pinch of salt and pepper. Cook until most of the water has been released from the mushroom and has also evaporated, 6 to 8 minutes. Add the shallots, garlic, celery and onion and continue to cook until the onion and celery are tender, another 5 to 6 minutes.

5. In a large bowl, combine

## Ingredients

- 6 large red bell peppers
- 1 cup japonica rice
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 5 ounces shiitake mushroom caps, thinly sliced
- Kosher salt and ground black pepper
- 1/4 cup chopped shallots
- 3 cloves garlic, minced
- 2 ribs celery, diced
- 1 small yellow onion, diced
- 2 cups chopped or shredded cooked chicken
- 2 tablespoons chopped fresh marjoram or oregano
- 4 oz crumbled goat cheese

the rice, mushroom mixture, chicken, marjoram and goat cheese. Season with salt and black pepper. Spoon the mixture into the

peppers and place in the prepared baking dish. Bake for 30 minutes, or until the peppers are tender.

THE ASSOCIATED PRESS



Sports in pictures



**1 NBA.** Kobe to have surgery

Kobe Bryant will have surgery Wednesday on his torn right rotator cuff, likely ending his 19th season, and possibly his career, with the Lakers. **THE ASSOCIATED PRESS**

**2 NHL.** L.A. lets Richards go

The Los Angeles Kings waived Mike Richards on Monday, finally breaking with the veteran centre, says an unnamed source. **THE ASSOCIATED PRESS**

**3 Tennis.** Milos ties record

Milos Raonic tied a Canadian record by reaching his third career Grand Slam quarter-final on Monday at the Australian Open. **THE CANADIAN PRESS**



Eugenie Bouchard fell to Maria Sharapova in straight sets in Tuesday's Australian Open quarter-final match on Tuesday in Melbourne. CLIVE BRUNSKILL/GETTY IMAGES

# Bouchard has another major letdown vs. Maria

**Tennis.** Rising star from Montreal knocked out of Aussie Open by Sharapova

Canada's Eugenie Bouchard was eliminated from the Australian Open on Tuesday after a 6-3, 6-2 loss to Russia's Maria Sharapova in the quarter-finals.

The loss was a disappointment for the Westmount, Que., native after reaching the semifinal a year ago at Melbourne Park.

Bouchard finished with 13 winners and 30 unforced errors on Tuesday, missing on both of her break-point chances while dropping serve four times.

Seventh-seeded Bouchard's defeat in 78 minutes was her eighth at a Grand Slam and first of the season after four victories in 2015.

Bouchard started on her back foot, dropping serve in the opening game of the high-profile quarter-final. Bouchard got to work recovering her poise, holding for 1-2 with a

**Meeting with Maria**

**3/4**

Three of the four matches played between Bouchard and Sharapova have come at majors, with the Russian beating Bouchard at the French Open the past two years.

winning backhand return.

But Bouchard was never able to close the gap, despite forcing Sharapova to save break points in the sixth game. Three games later, Bouchard saved a set point with a winner

but lost the set a point later after sending a backhand wide.

Sharapova took a 3-1 lead in the second set after another misplaced backhand by Bouchard.

Sharapova earned a match point from a Bouchard forehand error and landed a winner of her own in the corner to seal the victory and advance to the tournament's semifinal.

Bouchard is the first Canadian — female or male — to play a Grand Slam singles final, losing to Petra Kvitová of the Czech Republic at Wimbledon last year. **THE CANADIAN PRESS**

## MLB. Jays extend Beeston to end drama for now

After months of speculation, the Toronto Blue Jays announced Monday that long-time president Paul Beeston will be returning for one more year.

Beeston signed a contract extension with the club and plans to retire at the end of the 2015 campaign, team owner Rogers Communications said in a release.

Beeston's contract expired in October, and there was uncertainty about whether or not he would be back, with several

**Quoted**

**"Make no mistake — we are elated to have Paul continue to lead the team for this season."**

Jays chairman Edward Rogers said the team had been in discussions about Paul Beeston's future since his contract ended in October

media reports claiming the Blue Jays were looking for his replacement.

**THE CANADIAN PRESS**

## Soccer. Solo no lock to make American squad

Goalkeeper Hope Solo faces the possibility of being left off the American roster for the Women's World Cup if she fails to complete tasks set for her by U.S. Soccer, which may include alcohol counselling.

The 33-year-old was suspended for 30 days last Wednesday for what the U.S. Soccer Federation called "an incident that occurred during the current WNT training camp" in Carson, Calif.

**THE ASSOCIATED PRESS**



American goalie Hope Solo has been suspended for 30 days. GETTY IMAGES

4 SPORTS



# Thousands of fans gather to send Patriots off in style

**Super Bowl.** Pep rally in Boston offers AFC champs support amid ongoing controversy

Brushing aside the controversy over deflated footballs, jubilant New England fans gathered downtown Monday for a spirited send-off as the Patriots headed to Arizona for the Super Bowl.

Several thousand fans packed City Hall Plaza in Boston, chanting "Brady! Brady!" and waving signs that read "Finish the Job," "In Tom We Trust" and "Keep Calm and Go Long."

Tom Brady told the crowd his team will be relying on their support as it faces the Seattle Seahawks in Sunday's NFL title game in Glendale, Ariz.

"I couldn't be more excited. I tell you, it's an unbelievable accomplishment for our team," he said as snowflakes swirled around the square. "It's been a long ride. We

have the best fans in America. We're going to go represent you guys in Arizona as best as we possibly can. Go Patriots!"

Mayor Marty Walsh sported a No. 12 Brady jersey as he and other officials led the crowd in cheers before the team left for the airport.

Dan Connolly, Vince Wilfork, Devin McCourty and Matthew Slater also joined team owner Robert Kraft on the podium for Monday's pep rally. The Patriots left on a midday flight to beat a blizzard bearing down on New England.

One fan held a sign that read, "NO-HATERS-ZONE," a reference to a week of grief directed at the embattled Patriots and their fan base.

Coach Bill Belichick, beleaguered since the Patriots' AFC championship rout of the Indianapolis Colts by allegations that his team cheated by using under-inflated footballs, didn't mention the controversy. Over the weekend, Belichick insisted the Patriots followed NFL regulations to the letter and said he was done



The Patriots left Boston to chants of "Brady! Brady!" and waving signs on Monday. Later in the day, they arrived by plane in Phoenix. CHARLES KRUPA/THE ASSOCIATED PRESS

discussing the issue.

"We really appreciate your support. You've been there all year for us. We love you, Boston!" Belichick told the crowd.

"Be safe through these

next couple of days of snow. We'll be thinking about you," he added.

The massive winter storm bearing down on the Boston area didn't deter Sue Dittullio

of Hanover, Mass., from turning out to support the team.

"Despite the blizzard, this is more important. We've got to send them off in style," she said. THE ASSOCIATED PRESS

## NFL notes

- Black Hawk helicopters and truck-sized X-ray machines that are typically deployed along the U.S.-Mexico border have been brought to the Super Bowl venue to assist with the security effort. U.S. Customs and Border Protection showed off the technology Monday as it helps with Super Bowl security.

- As Peyton Manning considers whether to take the gold watch or make one more run at the silver trophy, there are many factors he's weighing: age, desire, vitality, security, relationships. General manager John Elway said "the bottom line is we want him back." So, he asked Manning not to make up his mind until next month after he's had time to process everything.

- The Rams took the first step toward lame-duck status in St. Louis and a possible move back to the West Coast, notifying the city's Convention and Visitors Commission on Monday that they intend to shift to a year-to-year lease agreement for their use of the Edward Jones Dome.

# Chasing post-season berths

With an eye on the playoffs, here's what Canada's NHL teams have to do to make it. The Edmonton Oilers are 20 points out of a playoff spot and are largely considered out of post-season contention.

THE CANADIAN PRESS

Photos by Getty Images

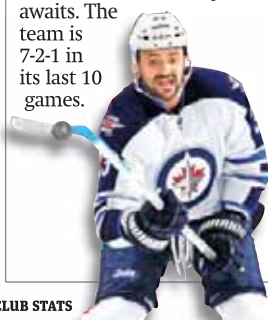


## Montreal Canadiens

Record: 29-13-3, 61 points; third in Atlantic Division  
Chances of making playoffs: 98.8 per cent  
What they have to do: Hope Carey Price stays healthy. As long as the goalie is on the ice and contributing, the Canadiens will be fine.

## Winnipeg Jets

Record: 26-14-8, 60 points; first Western Conference wild card  
Chances of making playoffs: 92.4 per cent  
What they have to do: Don't let up, and the first playoff game in Winnipeg for this version of the Jets awaits. The team is 7-2-1 in its last 10 games.

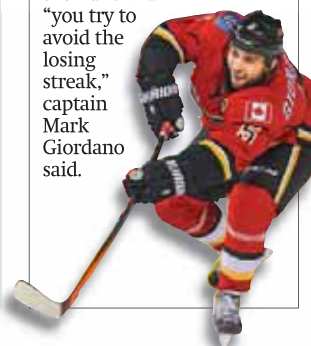


## Vancouver Canucks

Record: 26-16-3, 55 points; third in Pacific Division  
Chances of making playoffs: 92.4 per cent  
What they need to do: Play better at home, according to all-star winger Radim Vrbata, talking about the Canucks' 11-8-1 record at Rogers Arena.

## Calgary Flames

Record: 25-19-3, 53 points; second Western Conference wild card  
Chances of making playoffs: 72.2 per cent  
What they need to do: Beat the other teams in the hunt and "you try to avoid the losing streak," captain Mark Giordano said.

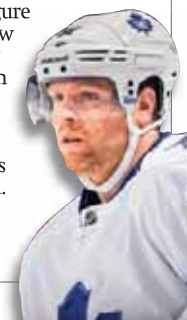


## Ottawa Senators

Record: 19-18-9, 47 points; 10 points out of second Eastern Conference wild card  
Chances of making playoffs: 16.7 per cent  
What they need to do: Hope one of the current playoff teams falls off its current pace because erasing a 10-point deficit this late is almost impossible.

## Toronto Maple Leafs

Record: 22-23-3, 47 points; 10 points out of second Eastern Conference wild card  
Chances of making playoffs: 4.5 per cent  
What they need to do: Get on a roll fast and figure out how to play interim coach Peter Horachek's system.





## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

See the full instructions on Metro's Voices page.



## Horoscopes by Sally Brompton

### Aries

**March 21 - April 20**

Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

### Taurus

**April 21 - May 21**

You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

### Gemini

**May 22 - June 21**

You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

### Cancer

**June 22 - July 23**

If you let partners take the big decisions today you will benefit both professionally and financially.

### Leo

**July 24 - Aug. 23**

You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

### Virgo

**Aug. 24 - Sept. 23**

Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

### Libra

**Sept. 24 - Oct. 23**

Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

### Scorpio

**Oct. 24 - Nov. 22**

Think more about your own needs today, especially your creative and romantic desires.

### Sagittarius

**Nov. 23 - Dec. 21**

If you listen to the advice of a well-connected friend you could make some serious money today.

### Capricorn

**Dec. 22 - Jan. 20**

The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

### Aquarius

**Jan. 21 - Feb. 19**

You will get more than one opportunity to shine today, and you could make some money too.

### Pisces

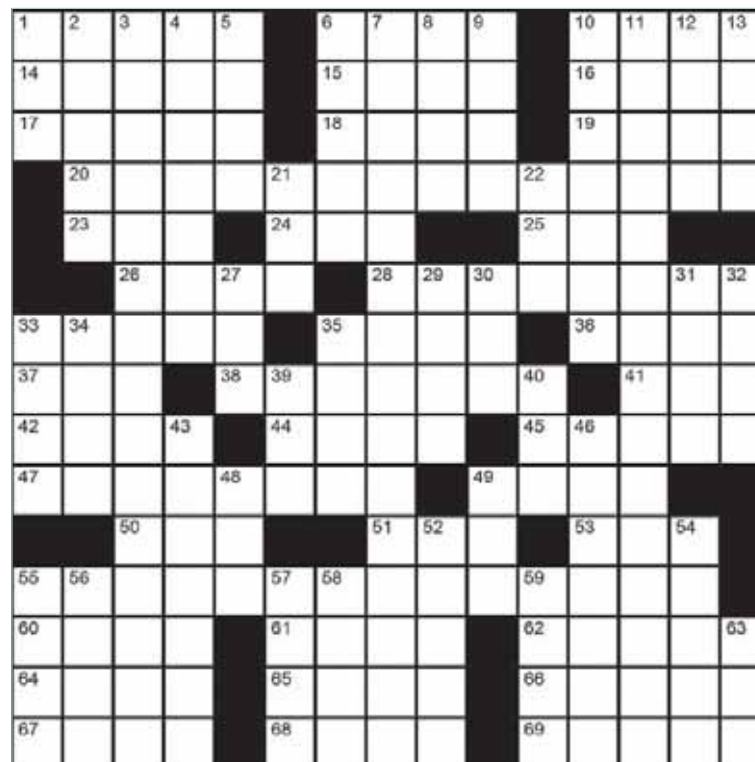
**Feb. 20 - March 20**

Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. "\_\_\_ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French \_\_\_ soup
18. \_\_\_ Minor
19. Letter-writer's second li'l after-thoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley \_\_\_ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's



Playground'

49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I \_\_\_ Tenori
55. Feathered message deliverers: 2 wds.

60. Q. "1989's 'Batman' ...was that \_\_\_ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
63. Ostrich-like bird
65. Reasonable
66. Ballet outfit material

67. PGA part, puny-ly
  68. Civil or Electrical, e.g.
  69. County in England
- Down**
1. Groom's promise: 2 wds.
  2. A decade pre-AD, \_\_\_
  3. Barrettes, as

- examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
  5. Bit of Justin T.'s old group
  6. Dutch cheeses
  7. Makeup application problem: 2 wds.
  8. 'Arthr' suffix

9. French for 'the water'
10. Course complet-er's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, \_\_\_
13. Nonsense
21. Last gasp
22. Mauna \_\_\_ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. \_\_\_ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to \_\_\_"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "\_\_\_, don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

## Yesterday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Conceptis Sudoku by Dave Green

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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CITY: 9.7L/100 KM\*



2014 Elantra  
"Highest Ranked Compact Car  
in Initial Quality in the U.S."\*

## 2015 ELANTRA

CASH PURCHASE PRICE:

**\$10,864\***

INCLUDES

**\$5,135** IN FREE TRADE PRICE  
REDUCTION AND FREE  
TRADE BONUS\*

INCLUDES A 60-MONTH LIMITED WARRANTY\*!



Limited model shown\*

HWY: 9.8L/100 KM  
CITY: 12.9L/100 KM\*



5-Star Overall  
Crash Safety  
Rating\*

## 2015 SANTA FE

CASH PURCHASE PRICE:

**\$23,064\***

INCLUDES

**\$3,835** IN FREE TRADE BONUS\*

INCLUDES A 60-MONTH LIMITED WARRANTY\*!

**5 YEAR  
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty\*\*  
5-year/100,000 km Powertrain Warranty  
5-year/100,000 km Emission Warranty

Visit O'Regan's Dartmouth Hyundai for details on our entire line-up!

\*Offer is subject to change without notice. See O'Regan's Dartmouth Hyundai for more info.

CANADA'S BEST  
MANAGED  
COMPANIES  
Platinum member

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DRIVING HIGHER STANDARDS

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